

DINNERLY



Chicken-Quinoa Grain Bowl with Asparagus & Lime



20-30min



2 Servings

The idea of "clean eating" is kind of confusing. Bonus points because you walked away from the table with your shirt unscathed and nothing dripping down your chin? If you eat dinner without making mess, did you even eat dinner at all? We're not sold on this whole "clean" eating thing, but we ARE sold on this grain bowl, which is balanced, full of protein and veggies, and generally delicious. So...

WHAT WE SEND

- 2 (3 oz) tri-color quinoa
- ¼ oz granulated garlic
- 1 lime
- 10 oz pkg boneless, skinless chicken breast
- ½ lb asparagus
- 2 scallions

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

TOOLS

- fine-mesh sieve
- small saucepan
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 38g, Carbs 21g, Protein 28g



1. Prep ingredients

Rinse **quinoa** in a fine-mesh sieve. Trim bottom 2 inches from **asparagus** then cut spears into 1-inch lengths. Finely grate ¾ **teaspoon lime zest**. Squeeze **2 tablespoons lime juice**. Trim ends from **scallions**, then thinly slice on an angle.



2. Cook quinoa

Heat **2 teaspoons oil** in small saucepan over medium. Add ¼ **teaspoon granulated garlic** and **1 tablespoon of the scallions**. Cook until fragrant, 1 minute. Add **quinoa**, **1¼ cups water**, and ½ **teaspoon salt**. Bring to a boil, cover, and cook over low heat for 15 minutes. (Cook uncovered for 2–3 minutes more if quinoa still seems wet.)



3. Make lime dressing

Add **lime zest** and **1 teaspoon oil** to cooked quinoa. Fluff with fork. Season to taste with **salt** and **pepper**. Remove from heat, cover, and keep warm. In a medium bowl, combine **lime juice**, ¼ **teaspoon granulated garlic**, and ¼ **teaspoon each salt, sugar, and pepper**. Whisk in **3 tablespoons oil**.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Pat **chicken** dry; pound to an even thickness. Season with ¼ **teaspoon each salt and pepper**; add to skillet. Cook, turning once, until cooked through, 2–3 minutes per side. Transfer to medium bowl with **dressing**. Turn to coat. Transfer chicken to a cutting board. Reserve bowl with dressing for Step 5.



5. Cook asparagus

Add **2 teaspoons oil**, **asparagus**, ½ of **remaining scallions**, and **1 tablespoon water** to same skillet over medium. Cook, scraping browned bits from bottom, until asparagus is crisp-tender, 3 minutes. Season with **salt** and **pepper**. Spoon **quinoa** into bowls; top with **chicken**, **asparagus**, ½ of **dressing** and **remaining scallions**. Pass **remaining dressing** at table...



6. Make it ahead!

Get a jump on dinner by prepping the lime dressing and asparagus ahead of time. Throw the dressing in a tightly sealed container and leave it in the fridge. When you're ready for it, give it a vigorous shake to bring it back together. Bonus: that same container can be used to coat the chicken in step 4. Why dirty another bowl?